



RESOURCES FOR FAMILIES

Pregnancy Options Wisconsin: Education, Resources, & Support: (608) 514-1714	All options pregnancy support and counseling. Call or text. pregnancyoptionswi.org
Babies & Beyond: (608) 222-0008	24-hour helpline and offers free services and resources to pregnant individuals and families with children under 4. babiesandbeyondwi.org
Project Babies (608) 770-9588	Hosts community baby showers, maintains a baby closet, and provides parent support. projectbabies.org
Baby Depot: (608) 441-7680	Offers baby items if available.
4C's: (608) 271-9181	Community Coordinated Child Care provides information and guidance on child care. 4-c.org
Play and Learn: English (608) 204-6784 Spanish (608) 204-7918 Hmong (608) 212-4683	Free program that provides 2 hours of activities for children 0-5 and their parents. madison.k12.wi.us/early-learning
Birth to 3 Program: Madison: (608) 252-1320 Outside of Madison: (608) 273-3232	Developmental screening and support for children ages 0-3 in the Madison School District. dhs.wisconsin.gov/birthto3
Head Start/ Early Head Start: (608) 275-6740	Programs to support families with children under 5 with child care and family services. reachdane.org
Early Childhood: East: (608) 663-8486 West: (608) 516-2740	Services for children ages 3-5 in Madison School District. madison.k12.wi.us/special-education
Imagination Library: Email: imaginationlibrary@madisonreadingproject.com	Dane County families can register for a free book by mail every month until child's 5th birthday madisonreadingproject.com/imaginationlibrary

Joining Forces for Families (JFF) Numbers specific to neighborhood, refer to brochure	Client-specific resource assistance with a social worker in the community. danecountyhumanservices.org/Children-Youth-and-Family/Community-Programs/Joining-Forces-for-Families
Rise: (608) 250-6634	Provides parenting support, home visiting, and CCS. risewisconsin.org
Respite Center: (608) 244-5700	Provides 24-hour emergency child care in a crisis, and planned care when need. Call to schedule an intake. risewisconsin.org/the-respite-center
Wisconsin Shares Child Care Subsidy Program: 1 (888) 794-5556	Financial assistance for child care. dcf.wisconsin.gov/wishares/parents
DAIS: (608) 251-4445 Text: (608) 420-4638	Domestic violence support and 24/7 text line. abuseintervention.org
Hmong Family Strengthening Helpline: 1-877-740-4292	Free 24/7 family violence and abuse hotline, operated by Hmong-speaking staff. bbwpcalition.org/helpline
Bereaved Parents of Madison Inc: (920) 643-0217	Support after miscarriage, stillbirth, and infant death. bereavedparentsofmadison.com
Society of St. Vincent de Paul: (608) 257-0919 2033 Fish Hatchery Rd., Madison	Food pantry, prescription assistance, and portable cribs made available to low income families. svdpmadison.org/how-we-help
Car Seat Program: Email: safekids@uwhealth.org Or text: (608) 333-6087	Low price car seats and free car seat checks by appointment. uwhealthkids.org/safekids
Madison Children's Museum: (608) 256-6445	Discovery learning and creative play. Now with online learning! madisonchildrensmuseum.org



MENTAL HEALTH & SUBSTANCE USE

Suicide & Crisis Lifeline: Call or text 988. Call 911	24/7 support for people in crisis including suicidal and emotional distress.
Dane County 24-Hour Crisis Line: (608) 280-2600	24-hour hotline for mental health crisis, operated by Journey Mental Health Center.
Maternal Mental Health Hotline: Call, text 1 (833) 943-5746	24/7, free support, resources, and referrals for pregnant and postpartum people and their families.
Behavioral Health Resource Center: (608) 267-2244	Resource connection for mental health, substance use, and crisis situations. danebhrc.org
NAMI Dane County: (608) 249-7188	Resource guide for mental health services. Support services including groups. namidanecounty.org
Postpartum Support International: 1 (800) 944-4773 Text: (800) 944-4773	Online support groups, therapy referrals for WI, and helpline. postpartum.net
First Breath: (608) 251-1675	Free program to help all people quit smoking. wwhf.org/firstbreath
Wisconsin Tobacco QuitLine: 1 (800) 784-8669	Information on how to quit smoking. quitline.wisc.edu
Tellurian: (608) 222-7311	Levels of care for substance use and mental health disorders. tellurian.org



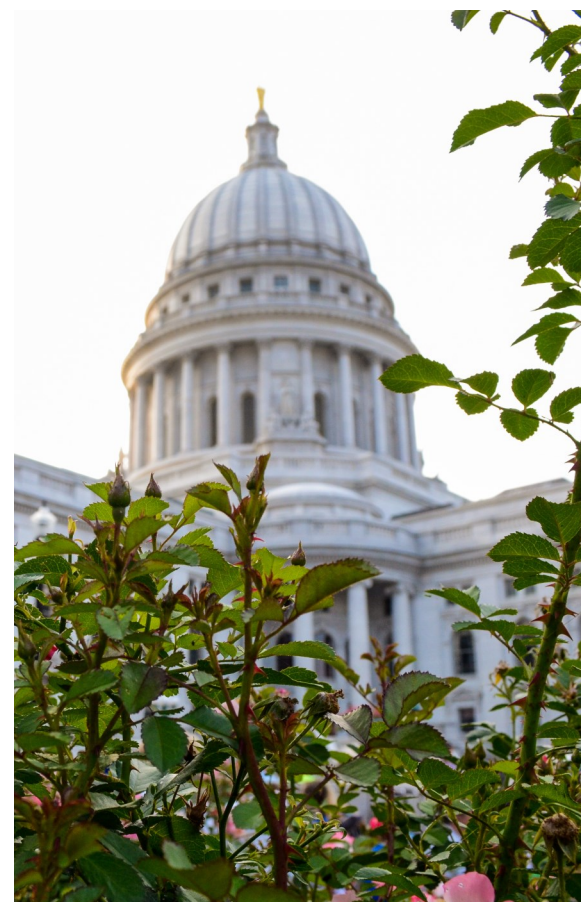
AGING & DISABILITY

Aging & Disability Resource Center: (608) 240-7400 ADRC@countyofdane.com	Resources and support on all aspects of life related to aging or living with a disability. daneadrc.org
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publichealthmdc.com
February 2024

COMMUNITY RESOURCE GUIDE

Dial **2-1-1** for a 24/7 helpline with information about community resources.





HEALTHCARE

**Public Health
Madison & Dane County:**
(608) 266-4821
Breastfeeding: 234-0449
STI/HIV: 243-0411
Well Woman: 242-6385
East: 2705 E. Washington Ave.
South: 2230 S. Park St.

-Immunizations & vaccines
-Nursing services during & after pregnancy
-Breastfeeding support
-Infectious disease control
-STI clinic / HIV testing
-Well Woman Program for breast & cervical cancer screenings
publichealthmdc.com

Access Community Health Centers:
(608) 443-5480
East: 3434 E. Washington Ave.
South: 2202 S. Park St.
Wingra Family Medical Center: (608) 263-3111
1102 S. Park St.

Medical, dental, and behavioral health care & affiliated pharmacy. Accepts insurance and BadgerCare Plus/Medicaid; provides lower cost care for those without insurance.
accesscommunityhealthcenters.org

Planned Parenthood
(844) 493-1052
East: 3706 Orin Rd.
South: 2222 S. Park St.
Suite 201 (upstairs)

Affordable all-options reproductive and women's health care. Accepts BadgerCare Plus/Medicaid.
plannedparenthood.org/health-center/wisconsin

MEDiC Southside Clinic:
(608) 265-4972 ext. 2
1102 S. Park St, 2nd floor

Medical clinic by UW School of Medicine for uninsured and underinsured adults. Goal to connect people to care/resources. Services free, appointment only.
med.wisc.edu/education/medic/clinics/#southside

Madison Street Medicine:
(608) 676-7826

Medical and housing services for individuals experiencing homelessness.
madisonstreetmedicine.org

St. Vincent Charitable Pharmacy:
New: (608) 257-0919
Existing: (608) 260-7066

Free prescription fills for low-income, uninsured adults.
svdpmadison.org/program/pharmacy/

Perry Family Free Clinic:
(608) 841-1110
598 Grand Canyon Dr.

Quality healthcare for uninsured and under-insured Black men.
perryfamilyfreeclinic.org



HEALTH INSURANCE

BadgerCare support via Dane County Job Center:
(888) 794-5556
1819 Aberg Ave.

Assistance with applying for WI benefits including BadgerCare.
access.wisconsin.gov and dhs.wisconsin.gov/em/dane.htm

Marketplace Plans:
1 (800) 318-2596

Health insurance plans for those not eligible for BadgerCare Plus, Medicaid, or Medicare.
healthcare.gov

Covering Wisconsin:
(608) 261-1455

Provides health coverage navigation for people to connect with health insurance and other programs.
coveringwi.org



DENTAL

Access Community Health Center:
(608) 443-5482

Dental care for adults and children. Accepts insurance, BadgerCare Plus/Medicaid, and lower cost for uninsured.
accesscommunityhealthcenters.org

Familia Dental:
East: (414) 296-1097
West: (414) 296-1097

Accepts Medicaid and offers lower cost care if uninsured.
familiadental.com

Madison College Dental Hygiene Clinic:
(608) 258-2400
1705 Hoffman St., Rm 151

\$40 preventive dental care for adults and children, by dental hygiene students.
madisoncollege.edu/dental-hygiene-clinic

More Smiles Wisconsin:
(608) 665-2752

Range of dental services for uninsured, Medicaid, and BadgerCare populations.
moresmileswi.org

Bridging Brighter Smiles:
(262) 896-9891

School-based preventative dental care throughout WI.
bridgingbrightersmiles.org

For more information, type in this link:
publichealthmdc.com/dental



IMMIGRATION SUPPORT

Immigration Affairs:
818 W. Badger Rd.

Bilingual (Spanish/English) Bicultural Social workers that support immigrant and refugee communities.
danecountyhumanservices.org/Children-Youth-and-Family/Immigration-Affairs

Undocumented Resource List:

Resource guide for undocumented
undocudanecounty.wixsite.com/mysite

Centro Hispano:
(608) 400-9469

Consultation and assistance with U.S. Citizenship & Immigration Services.
micentro.org/immigration-services.html

Community Immigration Law Center:
(608) 640-4444

Free walk-in immigration clinic, free or low cost legal representation.
cilcmadison.org



LEGAL SERVICES

UW Law School Programs:
(608) 890-0678

Legal services: rental housing, employment, and public benefits law.
Law.wisc.edu/eji

Neighborhood House:
29 S. Mills St.
(608) 255-5337

Free monthly legal aid clinic: Legal advice and consultation.
neighborhoodhousemadison.org/law-clinic



FOOD ASSISTANCE

FoodShare Helpline:
1 (877) 366-3635

Assists with understanding eligibility, enrolling in FoodShare.

Capital Consortium:
(888) 794-5556

Enroll in FoodShare and other programs.

Second Harvest:
(608) 223-9121

Mobile food pantry information.
secondharvestmadison.org

WIC:
(608) 267-1111

Women, Infant, & Children nutrition program.
publichealthmdc.com/wic



HOUSING & UTILITIES

Community Action Coalition:
(608) 237-1255

Housing, food, essential resources, clothing, rental support for Madison, and social services support.
cacsw.org

Tenant Resource Center:
(608) 257-0006

Housing counseling, resources, and mediation.
tenantresourcecenter.org

Urban Triage:
(608) 299-4128

Rental support for residents in Dane County outside of Madison.
urbantriage.org/our-work/rental-support

Housing Navigation Services:
(608) 826-8093
615 E. Washington Ave

Assistance with housing applications and programs.
catholiccharitiesofmadison.org/housing-navigation-services/

Coordinated Entry Homeless Services:
(608) 826-8019
615 E Washington Ave.

Assistance for people experiencing a housing crisis; housing program enrollment.
danecountyhomeless.org/coordinated-entry

Project Home:
(608) 246-3737

Home repairs, accessibility modifications, and energy improvements
projecthomewi.org

Energy Services Inc:
1 (800) 506-5596
(608) 267-8601

Energy-related assistance including heating and electric.
esiwi.com

WI Emergency Rental Assistance:
(608) 257-0006

Home Energy Plus: help with paying utility bills & rent.
energybenefit.wi.gov

Assurance Wireless
1 (888) 321-5880

Free cell phone with minutes and texting for low-income individuals.
assurancewireless.com/lifeline-services/states/wisconsin-lifeline-free-government-phone-service

Lifeline
(608) 267-3595

Discounted phone and internet services for low-income families.
psc.wi.gov/Pages/Programs/LifeLineLinkup.aspx